

# Newsletter 29 May 2020



The last two weeks may have seen families brushing off the isolation cobwebs with the WA Government encouraging a return to school and work, so we wish you all well during this next period of readjustment. A long weekend is upon us and as of today, travel restrictions have been lifted throughout the state. If you are venturing away into the great outdoors either locally or further afield, please send us photos and a paragraph about where you went so we can share your pics with our wider community. [jj@downsyndromewa.org.au](mailto:jj@downsyndromewa.org.au)

## In this edition

We are excited to announce the launch of both our new National website and our own DSWA webpage on June 1st with an Easy Read option for resources. We share Government resources and information on Centrelink payments pertinent to our community; and have brilliant photos from our Aim High Club competition winners. In our Creative Corner, DSWA mother and son members share a fabulous recipe with an accompanying YouTube clip. There is NDIS news, a segment from our Emotional Counsellor Nicola, plus social happenings and opportunities in the Rockingham/Peel area.

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## Government resources

This is a great link to the WA Government's road map for information on easing of coronavirus restrictions as they occur, to guide our community.

[Visit site](#)

### Centrelink payments and Companion card

#### Are you or your family member with Down syndrome eligible?

Read more about Carer's allowance, Disability Pension, Companion card, Mobility allowance and Pensioner Education Supplement.

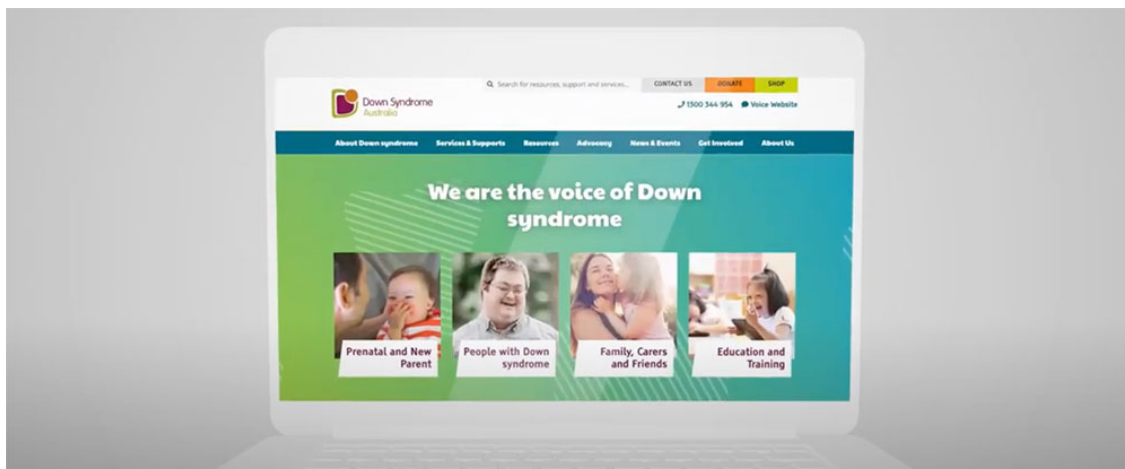


[Find out](#)

## What is happening at the Association?

### National launch of the Down Syndrome Australia website

It is happening! The national website at [www.downsyndrome.org.au](http://www.downsyndrome.org.au) is a new space for the latest Down syndrome news, events, resources and more and will be launched on June 1st.



## Launch of Down Syndrome WA webpage and other states!

From June 1st you can also visit the new webpage for **Down Syndrome WA**

[www.downsyndrome.org.au/wa](http://www.downsyndrome.org.au/wa). Book mark it so you can keep up with local news and events which will be updated regularly. You can find out what we do, how we can help, explore the services that we offer and how to contact us to get support. We will be **changing the frequency of our E-news to monthly** so look out for it in your inbox on the last Friday of each month. In between publications, please go to our website and information can be found on our news and events page.

We invite you to check out the you-tube link which highlights what you may expect from the new website and the easy user interface. [https://youtu.be/L\\_irh\\_Gdk\\_w](https://youtu.be/L_irh_Gdk_w)

### New website in Easy Read

Did you know that you can see our new website in Easy Read? You can click the Easy Read button on the top of each webpage.

Having Easy Read on our website means people with Down syndrome and intellectual disability can be included. This is important because everyone has the right to accessible information!

<https://www.downsyndrome.org.au/accessibility/>

### Website resource hub

Looking for information about Down syndrome? You can find hundreds of resources, videos and guides in our new Resource Hub.

- Information for new parents
- Education resources
- Employment guides
- Young adults
- Health
- Ageing
- Technology and more!

Visit the new Resource Hub at <https://www.downsyndrome.org.au/resources/>

## Social Connections

### Aim High Club

#### Photo Competition Winners Announced!

We received some fantastic entries for our recent "Creative in Isolation" Photo Competition and on behalf of the DSWA team, I'm pleased to announce that our two winners who have each received a \$50 Event Cinemas eGift Card are David Guhl and Callum Wells!

Hearty congratulations to you both!





Dave and his Support Coordinator like to call it, "Dave drawing ducks and being drawn drawing ducks". We love your creativity Dave, and seeing you enjoy the great outdoors!



Callum cooking nachos for his family, with the help of his Support Worker through Zoom. Callum's cooking skills are improving as he continues to engage in this activity every week. Well done, Callum!

### Aim High Zoom Lunch Party

We are in our ninth week of catching up on Zoom, can you believe it?! It is never too late to join, so please get in touch if you would like to be added to our mailing list.

**Our next event is happening this Sunday 31st of May from 12:00pm to 1:30pm!**

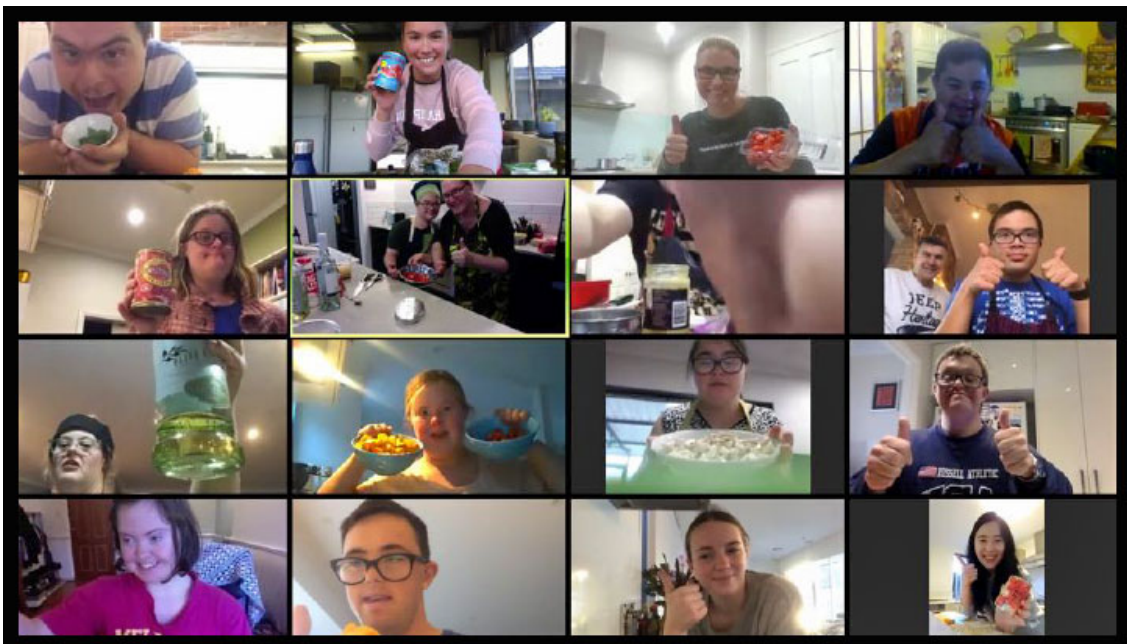
This week's theme is Lunch Party, so all I ask is for you to enjoy your lunch in the comfort of your home, and wear a smile 😊 Here are the details:

<https://us02web.zoom.us/j/86919291763?pwd=eE1LRDMxWVBiV2h6NjlrWS9TbHBVdz09>

**Meeting ID: 869 1929 1763**

**Password: aimhigh123**

Below is a photo from last week's cooking session with Debbie and her son Daniel from fyeverybodycooks.



It has been a busy time at Aim High with all the creative activities enjoyed by members via Zoom. Please click on the video link to share the great dance moves that were on show through the Zoom dance class with Kelly from Kelete Theatre and Performing Arts studio.

<https://www.facebook.com/DownSyndromeWA/videos/2948564188552600/>

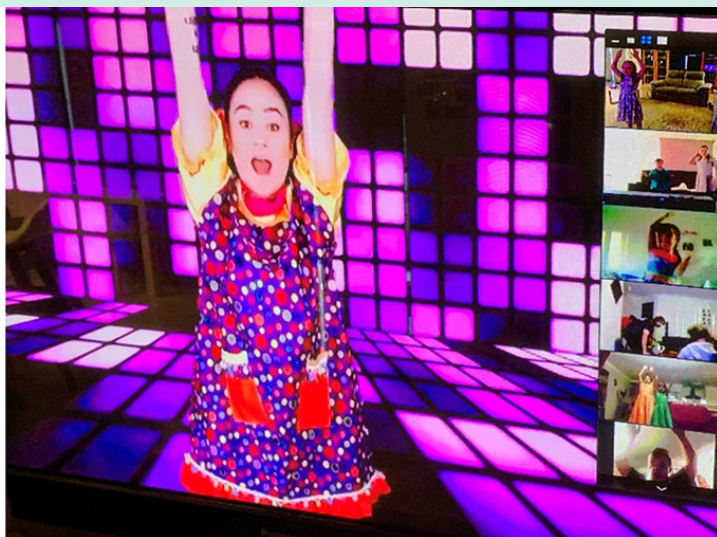
### **KiDS Club get their groove on!**

Our recently launched social group for 5-11yo children with Down syndrome and their families had a great start to the weekend with an online disco last Friday.

They moved and grooved to some dance favourites guided and entertained by Kiddly Winks Party Entertainers.

It was wonderful to see so many participating and we even saw a glimpse of some adults getting their groove on too!

If you have a child aged between 5-11yo with Down syndrome and would love to connect with other families to encourage peer relationships, social skills and networking for parents, please contact Janette Cook at [janette@downsyndromewa.or.au](mailto:janette@downsyndromewa.or.au) for registration details.



Hello Everyone 😊

Nicola the Emotional Coach Here

Although this is directed for teachers it's really for everyone – check it out, it's very positive!

<https://thecounselingteacher.com/2018/07/20-back-to-school-self-care-quotes-for.html>

As we head back to school, try to put a focus on avoiding burnout and thriving instead of merely surviving. Use the 20 self care quotes for teachers to take care of yourself this school year.

*"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." – Jean Shinoda Bolen*



## All things NDIS



REGISTERED  
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### DSWA NDIS Services

As many in our Down syndrome community have received their NDIS plans we feel that it is timely to start DSWA NDIS services in the near future. As we move forward with the rest of the Disability Community within the NDIS space, our involvement enables DSWA to continue to offer our current services plus new and valuable supports. We are excited to be able to grow our service offerings to support independence and the economic and social participation of individuals with Down syndrome. More in this space soon.

### NDIS announcements:

#### Early childhood (0-6 yrs)

On May 19th the NDIS updated their Coronavirus information and support around Early Childhood supports and services. Very user friendly site with Q and A format.

<https://www.ndis.gov.au/coronavirus/early-childhood>

#### Plan flexibility

From 9 May 2020, participants who are either Plan or Agency-managed and have a Core Support budget, will be able to use all four funding categories without the need for a plan review.

This means that, if your NDIS Plan is Plan or Agency-managed, you have more flexibility in how you use your Core Support budget.

The update was rolled out for Plan and Agency managed participants on 9 May 2020, and is planned to roll out for participants who self-manage in June 2020.

For more information: <https://www.ndis.gov.au/coronavirus/participants-coronavirus-covid-19/using-your-budget>. Scroll down to Plan Flexibility.

I am really happy to be contacted if you have any queries around your NDIS plans. I work Tuesday to Thursday and will get back to you as soon as possible.

- email: [NDISsupport@downsyndromewa.org.au](mailto:NDISsupport@downsyndromewa.org.au) or
- mobile: 0480 263 107

**Tip:** The NDIS website [www.ndis.gov.au](http://www.ndis.gov.au) has a new communication channel called webchat. This service commenced in late 2019 and is a quick way to communicate live with a representative from the NDIS who can answer your query. This can be done anonymously. <https://www.ndis.gov.au/contact>

### Regional/Outer Metro hub

#### A new social group

A social group has been set up by families in the Peel and Rockingham area for self-

sustaining young adults with an intellectual disability between 18-30 years. The aim is to foster friendships and offer local social opportunities. Unfortunately, Covid-19 has put a temporary halt to the group, but they intend to have monthly gatherings when restrictions lift sufficiently. For more information please contact Nia Parker: [parap21@bigpond.com](mailto:parap21@bigpond.com)



A great photo from Nia of a small get together last week. A few young adults from the social group met up for a coffee and a walk.

We invite our regional families to share stories, events and photos for all our our E-news subscribers as we are interested to know what is happening in our Community state wide.

## Creative Corner



Each week we would love to share and highlight a creative pursuit accessible to individuals with Down syndrome. If you have contributions in the space of cooking, arts and crafts, sensory play or anything creative, accompanied by images we would love to share these. For all ages.

This week we are so pleased to share Debbie and Daniel Harrison-Stones' recipe for breadsticks. This is a favourite of Daniel's and Debbie assures us it can be made with gluten free flour too. Debbie has the philosophy that by changing the way recipes are presented, anyone, no matter their abilities will be able to cook it.

***“Cooking is such an important life skill, it gives you a sense of achievement and independence when you cook something for yourself, friends and family. Everyone should be able to experience this, no matter their challenges - this sparked the beginnings of fyieverybodycooks”.***

Please click the link below to read more about Debbie and Daniel's story and recipe. Don't forget to check out their YouTube channel below, stepping you through this recipe.

[https://www.youtube.com/watch?v=5Sv9T\\_9RwXg](https://www.youtube.com/watch?v=5Sv9T_9RwXg)

Thank you Debbie and Daniel!

[Download PDF](#)

Debbie and Daniel hosted a really enjoyable cooking class with Aim High last weekend and DSWA have two copies of their cookbook at the DSWA library for families to borrow.

*Stay well everyone and please contact us if you have any questions.  
We are here to support, inform and connect our Down syndrome Community.*

**If you know anyone who can benefit from this newsletter,  
forward this email and ask them to subscribe. Thank you!**

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